

## CLAIMS:

What is claimed is:

1. A perioperative multivitamin protein bar for promoting an anabolic state in a person, wherein the protein bar comprises:
  - 5 a. from about 250 mg to about 2500 mg of a digestive enzyme selected from the group consisting of bromelain, pepsin, amylase, protease, lipase, cellulase, lactase, alpha-g, glucoamylase, invertase, malt diastase, pectinase, xylanase, bromelain, betain, trypsin, and combinations thereof;
  - b. from about 50 mg to about 2500 mg of an amino acid;
  - 10 c. from about 200 mg to about 2000 mg of a sea plant selected from the group consisting of kelp, blue green algae, sea vegetables, sea weed, cholorella, spirulina, wheat grass, barley grass, other non-toxic leafy plants from the sea, and combinations thereof;
  - d. from about 10 mg to about 8000 mg of a flavoring;
  - 15 e. from about 100 mg to about 2500 mg of a vitamin selected from the group consisting of Vitamin A, Vitamin B, Vitamin D, Vitamin E, Vitamin K, calcium, complexes thereof, and combinations thereof; and
  - f. from about 1000 mg to about 9000 mg of a fiber.
2. The perioperative multivitamin protein bar of claim 1, wherein the protein is selected  
20 from the group consisting of a whey protein, soy protein, sodium casienate protein, legume protein, egg protein, and combinations thereof.
3. The perioperative multivitamin protein bar of claim 1, further comprising from about 10 mg to about 20 mg of a fat.

4. The perioperative multivitamin protein bar of claim 3, wherein the fat is selected from the group consisting of a saturated fat, a polysaturated fat, a monosaturated fat, a polyunsaturated fat, and combination thereof.
- 5 5. The perioperative multivitamin protein bar of claim 1, further comprising an essential fatty acid derived from a member of the group consisting of pumpkin seed, almonds, sesame seeds, walnuts, flax seed, soy bean derivatives, and combinations thereof.
6. The perioperative multivitamin protein bar of claim 1, further comprising from about 250 mg to 5000 mg of an artificial sweetener or a sugar.
- 10 7. The perioperative multivitamin protein bar of claim 6, wherein the artificial sweetener is selected from the group consisting of aspartame, saccharine, calcium saccharine, and combinations thereof.
8. The perioperative multivitamin protein bar of claim 6, wherein the sugar is selected from the group consisting of dextrose, maple sugar, cane sugar, beet sugar, fructose, sucrose, and combinations thereof.
- 15 9. The perioperative multivitamin protein bar of claim 1, wherein said flavorings comprises: a raspberry flavoring, chocolate flavoring, vanilla flavoring, strawberry flavoring, apple flavoring, citrus flavoring, kiwi flavoring, banana flavoring, coconut, caramel flavoring, grape flavoring, blueberry flavoring, peanut, almond flavoring, tart cherry flavoring, coffee flavoring, cinnamon, ginger, nutmeg, clove, ginger, peach flavoring, pear  
20 flavoring, other herbs, and combinations thereof.
10. The perioperative multivitamin protein bar of claim 1, wherein the Vitamin A is beta carotene.
11. The perioperative multivitamin protein bar of claim 1, wherein the Vitamin B is selected from the group consisting of Vitamin B1, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin  
25 B-12, and combinations thereof.

12. The perioperative multivitamin protein bar of claim 1, wherein the Vitamin E is selected from the group consisting of tocopherol, tocopheryl tocopheryl acetate, d-alpha tocopherol, d-alpha tocopheryl acetate, d-alpha tocopheryl succinate, complexes thereof, and combinations thereof.
- 5 13. The perioperative multivitamin protein beverage of claim 1, wherein the fiber is a grain or a flax seed.
14. The perioperative multivitamin protein beverage of claim 13, wherein the grain is selected from the group consisting of a corn, a rice, a wheat, a barley, oats, quinoa, and combinations thereof.
- 10 15. The perioperative multivitamin protein bar of claim 1, further comprising from about 1 mg to about 20 mg of a digestive enzyme.
16. The perioperative multivitamin protein bar of claim 1, further comprising from about 250 mg to about 500 mg of calcium.
- 15 17. The perioperative multivitamin protein bar of claim 1, wherein the amino acids are selected from the group consisting of tryptophan, lysine, methionine, phenylalanine, threonine, valine, leucine & isoleucine, arginine, tyrosine, glycine, serine, glutamic acid, aspartic acid, taurine, cystine, histidine, proline, alanine, and combinations thereof.
- 20 18. A method for improving immune systems and promote detoxification in a subject in need thereof comprising the step of administering to the subject a dosage amount of the perioperative multivitamin protein bar of claim 1 and administering the dosage amount twice daily.